



### WHAT YOU WILL LEARN

The Associate of Science (A.S.) degree in Exercise Science at CCM is based on the American College of Sports Medicine's recommended core competencies for health and fitness professionals. The curriculum is grounded in scientific principles and their practical application for maintaining health through fitness and nutrition, training and performance, rehabilitation, and wellness. Graduates with an AS in Exercise Science can evaluate risk factors, conduct fitness assessments, prescribe exercise, and motivate individuals to adopt healthy behaviors.

The Personal Trainer Certificate of Achievement at CCM prepares students for one of the national certified personal trainer (CPT) exams through organizations such as the American College of Sports Medicine (ACSM), the American Council on Exercise (ACE), or the National Academy of Sports Medicine (NASM). Students will get hands on experience with health risk appraisal, biometric fitness testing, exercise programming, exercise monitoring and instruction, business planning, and sales and marketing.

Technical standards (specific functional abilities) are essential for the delivery of safe and effective administration of lab activities in the exercise science program and in broad entry-level practice. An individual must meet, with or without accommodations, these technical standards on acceptance and for the duration of the program. The technical standards can be found on our website at <https://www.ccm.edu/wpcontent/uploads/pdf/exercise/Exercise-Science-Technical-Standards.pdf>.

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### CAREER OPPORTUNITIES

There are a wide variety of career paths with an associate degree in Exercise Science. It is also an excellent major to prepare students for graduate study in healthcare. Examples include:

- Athletic Coaching
- Athletic Training
- Biomechanics
- Cardiopulmonary Rehabilitation
- Chiropractic
- Corporate Fitness
- Exercise Physiology
- Fitness Management
- Personal Training
- Physician
- Physician Assistant
- Physical Education
- Physical Therapy
- Sports Nutrition
- Strength and Conditioning Coaching

### CONTACT INFORMATION

**Health and Exercise Science Department**  
973-328-5328  
Health and Physical Education Building, Room 225

**Kelly Minter**  
Chairperson  
[kminiter@ccm.edu](mailto:kminiter@ccm.edu)  
973-328-5335

## WHY STUDY EXERCISE SCIENCE AND PERSONAL TRAINING AT CCM?

Student success is our mission and the faculty at CCM are qualified and passionate educators. Faculty share their current and past career experiences, allowing students to connect learning to the real-world. Our professors have either masters or doctorate degrees in their respective areas of study. Our students enjoy small classroom sizes, and comfortable modern classrooms. Opportunities abound for student involvement in clubs and organizations, community service and internships.

The Exercise Science laboratory provides hands-on experience using computerized state-of-the-art metabolic equipment, bioelectrical impedance analysis equipment, hydro densitometry equipment, cycle ergometers, medical treadmills, ECG equipment, spirometers, skinfold calipers and more.

## WHERE YOU CAN GO!

With an A.S. in Exercise Science, graduates are prepared for entry level jobs in the fitness industry. The program is designed for transfer to a four-year school to earn a bachelor's degree which provides additional opportunities in careers such as:

- Athletic Coaching
- Corporate Fitness
- Exercise Physiology
- Fitness Training
- Physical Education
- Strength and Conditioning Coaching

Exercise Science is often used as a stepping stone degree to prepare students for graduate school in allied health careers such as:

- Athletic Training
- Biomechanics
- Chiropractic
- Clinical Exercise Physiology
- Medical School
- Physical Therapy
- Physician Assistant
- Sports Nutrition

CCM has articulation agreements for Exercise Science with the following universities:

- Bloomsburg University
- East Stroudsburg University
- William Paterson University
- The College of New Jersey

According to Salary.com the average Exercise Physiologist salary in the U.S. is \$55,336 in 2022, and the range typically falls between \$49,189 and \$62,937. Employment of personal trainers and instructors is projected to grow 39 percent from 2020 to 2030, much faster than the average. About 69,100 openings for fitness trainers and instructors are projected annually over the next decade as per the U.S. Bureau of Labor.



## EXERCISE SCIENCE CURRICULUM

Associate of Science Degree

### General Education Foundation (32 CR)

#### COMMUNICATION (6 CR)

English Composition I	ENG 111	3
English Composition II	ENG 112	3

#### MATH/SCIENCE/TECHNOLOGY (10 CR)

College Algebra	OR	MAT 110	3
Statistics		MAT 124	
Computer Concepts with Applications		CMP 135	3
Introductory Chemistry Lecture/Lab		CHM 117/118	4
General Chemistry Lecture/Lab		CHM 125/126	

#### SOCIAL SCIENCE (3 CR)

General Psychology	PSY 113	3
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#### HUMANITIES (3 CR)

Choose from General Education course list (Humanities)		3
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#### SOCIAL SCIENCE OR HUMANITIES (3 CR)

Choose from General Education course list (Humanities or Social Science)		3
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#### GENERAL EDUCATION ELECTIVES (7 CR)

Speech Fundamentals	COM 109	3
Anatomy & Physiology I	BIO 101	4

### EXERCISE SCIENCE CORE (28 CR)

Introduction to Exercise Science	HES 111	3
Personal and Family Nutrition	HED 115	3
Anatomy and Physiology II	BIO 102	4
Kinesiology	HES 211	3
Exercise Physiology	HES 212	3
Exercise Measurement and Prescription	HES 213	3
Personal Health and Wellness	HED 286	3
First Aid and Emergency Care	HED 295	3
Exercise Science Restricted Elective		3

**TOTAL 60**



## PERSONAL TRAINER CURRICULUM

Certificate of Achievement

Introduction to Exercise Science	HES 111	3
Personal and Family Nutrition	HED 115	3
Personal Fitness	HES 126	1
Weight Training	HES 127	1
Program Design and Implementation	HES 107	3
First Aid and Emergency Care	HED 295	3
CPR	HED 283	1
Exercise Science Internship	HES 227	1

**TOTAL 16**

Note: You must see a faculty advisor to plan your sequence of courses. For the most up-to-date listing of courses, see the Curriculum Checklist for this program on the CCM website at [www.ccm.edu/checksheets](http://www.ccm.edu/checksheets).